

# Pregnancy Exercise

By Judy Di Fiore



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Judy Di Fiore lectures, teaches and writes on antenatal and postnatal exercise. She is currently ante/postnatal course director for the Central YMCA in London. She is

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**Richard Defiore, Southern Ocean Medical Center - -**

Richard Defiore is a practicing Vascular Surgery doctor in Manahawkin, NJ. Skip to content. Taking Medications During Pregnancy; Fitness & Exercise; Beauty

**Judy DiFiore (Author of Fitness Postparto/ The -**

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